



**Kinsey Verbeek Memorial Run**  
**Hosted by Edmonton Thunder Track & Field Club**  
**October 7, 2023**

**Kinsey Verbeek was an athlete with Edmonton Thunder from 2016 to 2022. She was an athlete spending her time running track, kickboxing, and playing rugby and soccer. She loved to hurdle, sprint, and run cross-country.**

**Kinsey passed away at the age of 15 leaving a hole in the hearts of her family, friends, and teammates.**

**<http://www.edmontonthunder.com/kinsey-verbeek.html>**

**Where:** Sir Wilfred Laurier Park

**Parking:** Available at the Edmonton Zoo (best option) and around the perimeter of the park.

**Entry Information:**

Regular - October 2st at 12:00 pm (\$20/entree)

Late: October 3rd at 12:00 pm (\$40/entree)

**Registration**

Register on Trackie at <https://www.trackie.com/event/kinsey-verbeek-memorial-race/1000736/>  
Packet/Bib will be available one hour before the first event at Shelter 8.

**Timing**

We are pleased to be working with Ellis Timing for our race timing.

**Age Categories**

U10 - 2014 or later

U12 - 2012 - 2013

U14 - 2010 - 2011

U16 - 2008 - 2009

Open - 2007 or earlier

### Final Schedule

Age Group	Distance	Race Start Time
Course Walkthrough 9:30		
U10/U12 Girls	1k	10:00 am
U10/U12 Boys	1k	10:15 am
U14 Girls	2k	10:30 am
U14 Boys	2k	11:00 am
U16 Girls	3k	11:30 pm
U16 Boys	3k	12:00 pm
U18/Open Women & Men	5k	12:30 pm
Awards Ceremony at conclusion of 5k race		

**COURSE MAP**  
(RED LOOP FOR 1K/2K RACES & BLUE LOOP FOR 3K/5K RACE)



## FAQs

### **Will there be food trucks?**

No, there will not be any food available to purchase at the race.

### **What if I am not a part of a club?**

You can register under your school if you are a student, or you can register as Unattached Alberta and still be able to race!

### **What if I am not a youth athlete?**

Anyone can race in the Open (5k) race!

### **What if I would like to volunteer rather than race?**

We are looking for volunteers! Sign up here: <https://forms.gle/UoumRFVyp2zpnqrj6>

### **Where should I pick my race bib up at?**

Shelter 8, by the start line is where all bibs will be. You can check in with one of our volunteers and they will make sure you are ready to race!

### **I am unfamiliar with the park, how will I know where to go?**

There will be ample signage and course guides throughout the course to make sure you do not miss a turn!

### **Will there be awards?**

Yes, there will be awards for the top finishers for each race! If you are unable to stick around for the Awards Ceremony, you can pick your ribbon up at Shelter 8 once the results are finalized from your race.

### **I would like to donate to Kinsey's Memorial Fund and purchase a memorial shirt. Where can I do this?**

If you would like to donate or pre-order a shirt, you can do so from our website at <http://www.edmontonthunder.com/kinsey-verbeek.html>